

RELATIONSHIP BETWEEN STUDY HABITS AND ACADEMIC ACHIEVEMENTS AMONG STUDENTS OF HUMANITIES AND SOCIAL SCIENCES (HUMSS) AT GOA NATIONAL HIGH SCHOOL

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Background of the study

In today's academic world, one of the most important factors influencing a student's success is their study habits. While celebrating academic success is very rewarding, studying is also challenging. In order to study in a more convenient and effective way, a student must have good study habits. Study habits are actions and skills that can boost motivation and make studying an efficient and rewarding process, hence enhancing learning. It is a learning strategy that students employ to achieve their academic goals.

The most important component of academic performance is one's study habits. Previous research has shown that study habits have an impact on academic performance. A preceding study has discovered that good study habits include studying daily, getting rid of devices that may disrupt study sessions, taking regular rest and breaks, studying based on one's learning style, etc. Whereas, some bad study habits include procrastination, avoiding studies, studying in inconvenient settings, and not getting rid of all distractions such as phones and television during studying.

In this regard, humanities and social sciences students are dealing with vast amounts of information that is difficult for them to study and comprehend and that requires knowledge and the use of study techniques. Research reveals that learners who lack enough knowledge about study strategies do not acquire effective and steady learning and do not achieve an optimal level of academic achievement. In other words, students with higher academic achievement make greater use of these skills than students with lower academic achievement.

Considering the importance of study skills and habits of students, and the important role they play in the academic achievement of students, and taking into account that study habits vary from person to person, the present study was designed and implemented. Our goal was to investigate the relationship between study habits and academic achievements among students of humanities and social sciences (HUMSS) at Goa National High School

Statement of the research problem

Given the rising incidence of low academic performance, particularly in 11 HUMSS students of Goa National High School, many educationists tend to blame the teaching style used by teachers and a lack of government funding to offer quality textbooks. However, these might not be the main reasons why students perform poorly in school. It is clear from all indications that most senior high school students have poor study habits which might lead to poor academic performance and might have low academic achievement. As true as this might sound, it is yet to gather adequate research evidence to prove that it is a key factor on why students fail.

Objectives of the study

1. This study aims to find out the relationship between study habits and academic achievement of HUMSS students
2. This study aims to further know the study habits of HUMSS students
3. To study the learning capabilities of HUMSS students

Significance of the study

While there are many factors that influence a student's academic achievement, this study will focus on the attitudes and study habits of students and their correlation with their academic performance. This study will investigate the role of study habits as independent predictors of students' academic achievement. The results of this study are expected to provide valuable insights into how to improve the students' study habits, which in turn could have a positive effect on their academic results.

Several studies have found that study habits and attitudes play a crucial role in academic success. As a result, it is critical and beneficial to conduct research into the pattern of students' study habits and attitudes, as well as how study habits are correlated with their academic performance.

The findings of this study could serve as the foundation that aims at improving students' study habits and attitudes, which will eventually improve their performance outcomes in academic activities, which is an indicator of the quality of education in schools of higher education. It is also hoped that the findings of this study could be implemented to help schools develop more effective strategies to improve students' study habits and improve their academic performance.

Scope and limitations

This study centers on the relationship between study habits and academic achievement of HUMSS students in Goa National High School. It is aimed at all HUMSS students in GNHS but due to time, money and other factors, it will be limited to only one section on 11 HUMSS and another section for 12 HUMSS in GNHS.

Conceptual Framework

Definition of Terms

1. **Study habit** - This is a behavior style that is systematically formed by students towards learning and achievement. Also are the ways that you study- the habit that you have formed during your school years.
2. **Study skills**: These are peculiar strategies developed by the students in studying.
3. **Academic** - This has been variously defined but for the purpose of this study, Hornby (1991) defines academic as that which has to do with school college studies or learning in other words designate the intellectual; aspect of education particularly the final subject deals with organized knowledge.
4. **Academic performance** - Is a term used for students based on how well they are doing in their studies and classes. Also is how well one does in school.
5. **Student** - A person who is learning or studying at a place of higher or further education
6. **Relationship** - It means the connection between two variables. In this study, the connection between study habits and academic achievement was found out.

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